A verb expresses action or state of being.

Commonly Used Helping Verbs

Forms of <i>Be</i>	am	be	being	MAS
	are	been	is	were
Forms of Have	had	has	have	having
Forms of Do	did	do	does	
Modals	can	might	shall	would
	could	must	should	
	may	ought	will	

^{*}A modal is an auxiliary verb that is used to express an attitude toward the action or state of being of the main verb

Commonly Used Linking Verbs

Forms of <i>Be</i>	be being am is are was	were shall be will be has been have been had been	shall have been will have been can be may be might be must be	should be would be could be should have been would have been could have been
Others	feel grow taste	look remain turn	seem smell	sound stay

Important: The word not and its contraction, n't, are never part of a verb phrase. They are adverbs telling to what extent.